

#GwyneddEryri35

Gwynedd
& Eryri 2035

Cynllun Economi Ymweld Cynaliadwy
Sustainable Visitor Economy Plan

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ADVENTURE
SMART.UK



www.adventuresmart.uk

Cyfryngau Cymdeithasol – Ffrind neu'n Elyn?

A ellir defnyddio cyfryngau cymdeithasol yn effeithiol i hyrwyddo hamdden cyfrifol

Social Media – Friend or Foe?

Can social media be used effectively to promote responsible recreation?





Ymunwch â'r tîm

Join the team!

Mae hyrwyddo negeseuon hamdden
cyfrifol yn dda i gymunedau, yr
amgylchedd ac ymwelwyr

The promotion of responsible recreation
messages is good for communities, the
environment and visitors

- Y da ... creadigrwydd a hiwmor
The good... creativity and humour
- Y drwg... cyngor peryglus a/neu niweidiol
The bad... dangerous and/or harmful advice
- Yr hyll... cas, gwenwynig, bwlio
The ugly... nasty, toxic, bullying



537

89 comments 13 shares



Eleri Straker

It's easy to forget that Eryri is dangerous all the time. I still have memories of the mountain rescue helicopters bringing down numpties off yr Wyddfa who thought climbing the mountain in flip flops and shorts would make a pleasant Saturday jaunt



4w Like Reply



Kevin Vaughan

Do they ever think of the people how have to rescue them if something goes wrong.god forbid it does. Y do you think they sit by the fire on days like this .is it they have more respect for the rescue team .

4w Like Reply



[View all 6 replies](#)



Karen Pedder

As long as they are equipped with everything if they need to stop and are not novice walkers why not

4w Like Reply



Alan Clarke

Karen Pedder yes fine if they have all that but many are not and drastically underrate uk mountain conditions because our mountains are not that high comparatively but of course conditions can be extreme at any time of year and Arctic at this time and it's no place for the inexperienced and I'll equipped and such people waste the time and risk the lives of their rescuers.

4w Like Reply



Wayne Trestain

WHY DO SNOWDON ON DAYS LIKE THIS?

4w Like Reply



Loose Snowdonia replied · 17 replies



Mike Roberts

Doesn't matter how much kit you have , and how confident and experienced you are ,

Dyma Dan. Mae'n colli defaid bob blwyddyn
o ganlyniad i gŵn yn rhedeg ar ôl ei ddefaid
ac yn ymosod arnynt

Gall hyd yn oed ci sydd wedi cael ei hyfforddi'n dda
redeg ar ôl da byw

Cadwch gŵn a defaid yn ddiogel, **cadwch gŵn ar
dennyn o amgylch da byw**

This is Dan, every year he loses sheep as a
result of dogs chasing and attacking his
sheep

Even a well-trained dog can chase livestock

Keep both dogs and sheep safe, **keep your dog on a
lead around livestock**





Mae gwartheg, merlod a defaid yn pori ar Dywyn Niwbwrch ar hyn o bryd

Cadwch eich ci yn ddiogel –
sicrhewch fod tennyn amdano
o amgylch da byw

Mae'n groes i'r gyfraith caniatáu
i'ch ci grwydro oddi ar y tennyn
a tharfu ar dda byw

#DogWalk

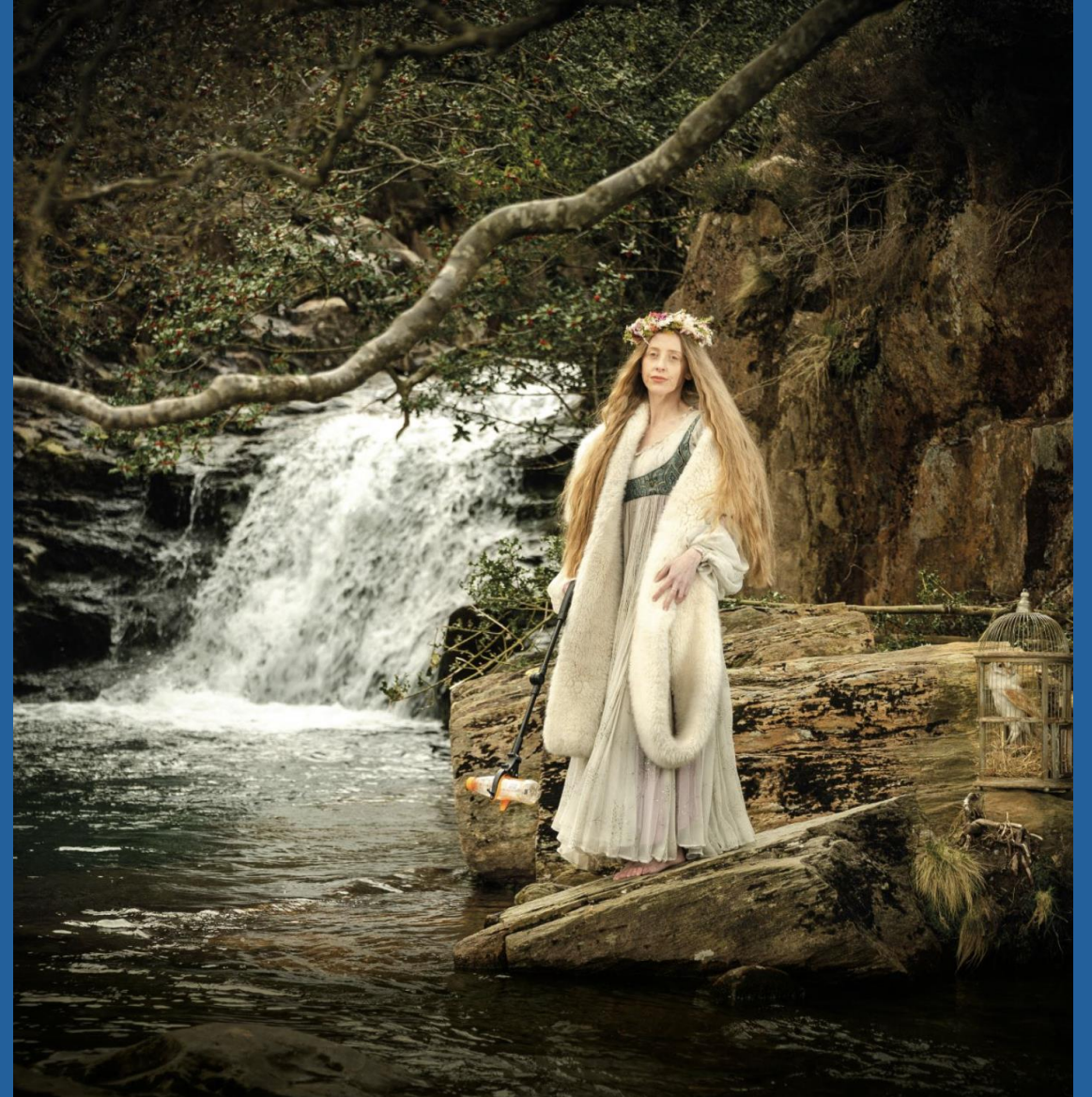


Cattle, ponies and sheep
are currently grazing
Newborough Warren

Keep your dog safe, please **keep
it on a lead** around livestock

It's against the law to allow your
dog to roam off the lead and
disturb livestock

#DogWalk





Eden District Council @EdenCouncil · Nov 4

Stay safe if you're heading out in Eden this weekend, remember to [#BeAdventureSmart](#) Ask yourself 3 questions before you set off: Do I have the right gear? Do I know what the weather will be like? Am I confident I have the knowledge & skills for the day? orlo.uk/Dda8b

#BeAdventureSmart

Follow government guidelines

Guidelines for England, Wales, Scotland and Northern Ireland differ. Check government websites for the area you are visiting and comply with them.

Protect local communities

Be prepared to find some car parks, toilets, shops & other local amenities closed. Plan your trip well & respect local residents.

Know your limits

Stick to activities and locations which are within your comfort zone.

Keep your distance

If it looks busy it's too busy, be prepared to change your plans & find somewhere less crowded. Stay 2 m away from others at all times, sanitise your hands frequently & avoid touching gates, stiles etc.

Plan your day

Ask yourself 3 questions before you set off:

- Do I know what the weather will be like?
- Do I have the right gear?
- Do I have the knowledge and skills for the day?

Emergency services are under increased pressure at this time and responding to emergencies puts teams at risk. [AdventureSmart.uk](#) has the info you need to help you have fun and stay safe.



NNPMRT @NNPMRT · Oct 30

Daylight saving ends today, pack a torch [#packatorch](#) [#daylightsavingends](#) [#BeAdventureSmart](#)

Daylight saving ends today

packing a torch should not be an optional extra



Eryri National Park (Snowdonia) @eryrinpa · Oct 13

Thinking about exploring some of Snowdonia's peaks or coastline this weekend? Have a go at this quiz to see if you're Adventure Smart...

adventuresmart.uk/adventuresmart...

[#BeAdventureSmart](#)



3

3



Mosaic Outdoors @MosaicOutdoors · Oct 17

Another great weekend in the Dales, developing the capacity of communities to Enjoy the Outdoors safely, we covered:

1. Confidence, KNOWLEDGE AND SKILLS
2. The WEATHER
3. having the right GEAR .

For details of future events contact [@MosaicOutdoors](#)

[#BeAdventureSmart](#)



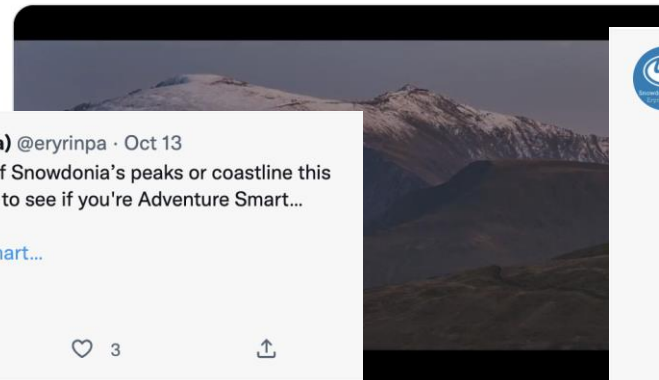
#BeAdventureSmart



Clwydian Range and Dee Valley AONB @Clwyd_Deel_AONB · Oct 29

Remember, the clocks go back this Sunday 30th October. Be adventure smart and plan for a great day. Carry a torch - it'll save the day if you get caught out by the dark.

[#BeAdventureSmart](#) [#WhatsInYourBag](#)



1

4



Snowdonia-Active @SnowdoniaActive · Oct 6

It's a tad windy in the hills! 40-50mph gusts make walking difficult, may knock you over & add to the wind chill factor. [#BeAdventureSmart](#) - Consider taking a lower route & turn back if conditions deteriorate. metoffice.gov.uk/weather/specia... [@visitwales](#) [@visitsnowdonia](#)



metoffice.gov.uk

Snowdonia - Mountain weather forecast

The Snowdonia mountains are made up of 90 mountain peaks including the tallest mountain in ...



Samantha Jayne Jones @Samanthawinnet1 · Nov 6

[#beadventuresmart](#) All weathers this [#SundayMorning](#) but prepared for them [#rightequipment](#) [#rightclothing](#) [@NWalesSocial](#) [@ItsYourWales](#) [#seaswim](#) [#lovetoswim](#) [#coldwaterswimming](#) [#run](#) [#5k](#) [#FitnessMotivation](#) [@jjjj86](#) [@sportinmind](#) [@UpdateCymru](#) [@outdoorswimming](#)



Visit Wales @visitwales · Oct 25

We've taken a [#canoe](#) trip to explore the stunning stretch of the [#WyeValley](#) between [#Monmouth](#) and [#Chepstow](#) [@visitmonmouthshire](#).

[#BeAdventureSmart](#) We recommend this activity is only undertaken with a suitable activity provider.

ow.ly/apXN50Lk3Qk



Gwarchod a Gwella Eryri

Protecting and Enhancing Eryri

Wrth ysgrifennu postiadau cyfryngau cymdeithasol...

When writing social media posts...

- Byddwch yn galonogol ac yn gadarnhaol
- Be encouraging and positive
- Dewch o hyd i wybodaeth gan sefydliadau rydych yn ymddiried ynddynt yn unig
- Only source information from organisations you trust
- Peidiwch â hyrwyddo lleoedd sy'n fannau problemus ar gyfer galwadau i'r gwasanaethau brys
- Don't promote places that are hotspots for callouts to the emergency services
- Ceisio cyngor i sicrhau bod gwybodaeth yn gyson
- Seek advice to ensure information is consistent

Yr Wyddfa

Mwy na thro bach hamddenol!



Nid yw cerdded llwybr Llanberis yn hawdd

Er mai hwn yw'r llwybr mwyaf graddol, mae'n daith 7 awr anodd i fyny ac i lawr

- Mae'n oerach, yn fwy gwyntog, ac weithiau'n wlypach ar y copa, hyd yn oed yn yr haf
- Mae amodau gaeafol yn heriol i'r cerddwyr mwyaf profiadol
- Byddwch angen haenau cynnes, siaced ddiddos, esgidiau cerdded, bwyd a diod a thortsh
- Nid oes cysgod ar hyd y llwybr a gall adeilad y copa gau'n ddirybudd, yn enwedig mewn tywydd garw
- Os byddwch yn cerdded i fyny, byddwch yn barod i gerdded i lawr, dim ond teithwyr sydd wedi archebu lle gaiff fynd ar y trê
- Mudiadau gwirfoddol yw timau achub mynydd, fydd ond y ymateb i argyfyngau sy'n peryglu bywyd

#Mentrangall

Gwiriad tywydd a'r amodau
diweddaraf dan draed
ar gyfer Yr Wyddfa



<https://yrwyddfa.live/>

Lawniwythwch yr Ap:
"Llwybraur Wyddfa"

Llun © Aaron Rayment-Davis
Poster also available in English



Yr Wyddfa (Snowdon)

More than a walk in the park!



The Llanberis path is not an easy walk

Though it is the most gradual route, expect 7 hours of difficult walking up & down

- It is colder, windier & often wetter at the top, even in summer
- Winter conditions are challenging even for experienced walkers
- You need warm layers, a waterproof jacket, walking shoes, food & drink & a torch
- There is no shelter on the path & the summit building can close without notice, especially in poor weather
- If you walk up, you need to be prepared to walk down, trains are for pre-booked passengers only
- Mountain rescue teams are voluntary organisations and respond to life/limb-threatening emergencies only

#BeAdventureSmart

Check the latest weather and
ground conditions for
Yr Wyddfa (Snowdon)



<https://yrwyddfa.live/>

Download the App:
"Llwybraur Wyddfa"

Image © Aaron Rayment-Davis
Poster also available in Welsh

